



## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Aug. 22, is plastic, glass and metal. Put items in blue bags and place them on the curb.



## Well-Being Council meeting today

The next Well-Being Council meeting will be 9:30 a.m., Aug. 16, at the Post Chapel.

## ACS hosts Newcomer Orientation today

Army Community Service will hold its quarterly Newcomers Orientation Aug. 16, 1 to 3 p.m., at the APG North Recreation Center, building 3326. This event will include a presentation on Aberdeen Proving Ground services, activities and facilities. ACS and representatives from various on- and off-post service and support agencies will be on hand to answer questions new arrivals may have. Literature and door prizes will be distributed.

To register, contact ACS, 410-278-7572 or e-mail the Relocation Readiness Program manager, phyllis.ethridge@apg.army.mil.

## KUSAHC closes at noon tomorrow

Kirk U.S. Army Health Clinic will close at noon, Aug. 17, for its organization day activities.

## NFFE Local 178 holds membership drive

The National Federation of Employees, Federal District 1, IAMAW, AFL-CIO, Local 178 invites all bargaining unit members to a lunch and learn membership drive, 11:30 a.m. to 12:30 p.m., building E-3331, room 211A, Aug. 16 and 17. Members include employees from RDECOM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees.

Topics will include union health benefits, union membership rights/benefits, legislative update and a National Security Personnel System update. Speakers will include Jim

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## Issue Highlights

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## Dawning of a new era in APG's 90-year history



# APG 90th Anniversary Gala set for November 10

Story by  
**YVONNE JOHNSON**  
 APG News

Aberdeen Proving Ground will celebrate its 90th year in style with a spectacular 90th Anniversary Gala to be held on the Club Level of Ripken Stadium 7 to 11 p.m., Nov. 10.

The gala will feature live music and a 45-minute "Music thru the Ages" performance by the 389th Army Band (AMC's Own) as well as a demonstration by the Free State Challenge Academy Drill Team, the recital of an APG historical poem written by retired civilian employee Aldona Pryce, and a tribute to the troops by "Dancing With Friends" dance company instructors, Tom Rzepnicki and Debbie Howley from Joppa.

As a former veteran himself, Rzepnicki said he feels it's important for everyone to show the troops how much their efforts are appreciated.

"I hope this performance in some small way makes us all keep in mind the sacrifices our troops and their families make for us every day,"

Rzepnicki said.

Howley's husband will be serving his third tour in Iraq, and she is dedicating her performance to him.

Advanced tickets priced at \$45 will be on sale Aug. 21 thru Sept. 30. After this date, tickets cost \$50.

Free parking, hors d'oeuvres and beverages are included. A pay-as-you-go bar also will be available. Dress is jacket and tie or Class-A uniform. Ripken Stadium is a handicap-accessible facility.

Debi Horne, editor of the *APG News* and chair of the 90th Anniversary Gala Planning Committee, said that it was important "to have an event that captured the essence of APG's history, and the opportunity to have an event at Ripken Stadium gives APG the opportunity to show the public all about its history."

After consulting with Regina Dannenfelser, director of Morale, Welfare and Recreation and the APG 90th Anniversary chairperson, the proposal was briefed to former Garrison Commander Col. John T. Wright, who gave his approval.

Since then, several organizations have offered to help, Horne said.

"Now with all the agencies jumping in, it makes me feel good because everyone wants to be involved," she said. "Hopefully, it's going to be a very memorable evening as well as educational and entertaining."

"I've worked on this post for most of my career, and some of the historical photographs I've seen and people I've spoken with since the start of the 90th celebration year has given me a new appreciation for working here. The gala is an opportunity for others to learn more about where they've spent their working lives as well."

Organizations presenting exhibits or displays for the gala include APG Garrison's Directorate of Information Management/Visual Information Services Division, the U.S. Army Research, Development and Engineering Command, the U.S. Army Research Laboratory, the Edgewood Chemical Biological Center, the U.S. Army Ordnance Museum, the U.S. Army Aberdeen Test Center, and the

Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, as well as the post historian and representatives from the 45th Infantry Division Reenactors Group.

In addition, local author Bill Bates will be signing copies of his book, "Images of America: Aberdeen Proving Ground," a pictorial history of APG, and Kathy Abey from Congressman Wayne Gilchrest's office, will present a Veteran's History Project display highlighting former APG Soldiers.

The APG 90th Anniversary Gala is open to the public. Tickets can be purchased through the Civilian Welfare Fund by contacting Angela Keithley at 410-278-4603 or e-mailing her at angela.keithley@apg.army.mil.

In conjunction with the APG Garrison and MWR, the gala is presented by the APG Federal Credit Union and Johns Hopkins U.S. Family Health.

For more information, call Horne, 410-278-1150.

# Army safety officials notice trend relating to Soldier deaths

Story by  
**KELLY WIDENER**  
 U.S. Army Combat Readiness Center

A trend standing out among Army safety officials is that the number of Soldiers who have died in privately owned vehicles and on motorcycles is down.

As of July 23, the Army has experienced a total of 90 POV accident fatalities compared to a total of 99 such deaths in fiscal 2006, and Army officials are attributing the success to the Army's engaged leadership.

"The good news is that we have leaders who are actively involved and pushing programs and information to the lowest functional experts," said Brig. Gen. William H. Forrester, U.S. Army Combat Readiness Center commander and director of Army Safety. "Leaders down to the lowest level are seeking ways to improve safety and awareness throughout our Army; therefore, the value of our Soldiers is transcending the organization because of a "Band-of-Brothers" concept of belonging to something bigger than yourself."

The most prominent example of leadership engagement and "Band-of-Brothers" concept is the Army's Motorcycle Mentorship Program – voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders pair to create a supportive environment of responsible motorcycle riding. There are currently 57 unit/installation-level programs supporting more than 1,600 members.

"The key is engaged leadership," said USACRC Command Sgt. Maj. Tod Glidewell. "It doesn't matter if you're riding a motorcycle or going fishing, if you have



engaged leaders who care about their Soldiers and take the time to communicate with them on a daily basis, that's going to make a difference."

In many cases, E-5s and E-6s "who know about motorcycle riding are taking it to the next level," Forrester said. They are organizing events or running many of the mentorship programs, proving that leaders at the lowest level are engaged and making a difference.

"We know this program is having an impact by simply looking at the numbers," Forrester said. "We have about eleven total fatalities less than this time last year...that's a twenty-eight percent reduction in motorcycle fatalities."

During fiscal 2006, the Army experienced a 33 percent increase in motorcycle fatalities with a total of 49 deaths. This fiscal year, the USACRC has recorded 29 motorcycle fatalities as of July 23.

Commanders also recognize the power of the MMP as well and have helped foster it, Forrester said. One commanding general purchased all members of a club reflective vests.

"Though we are a reflection of society, we have more ownership of our coworkers than exists in society. We have leaders who really are concerned about the health and well-being of their Soldiers," said Tad Davis, deputy assistant secretary of the Army for the Environment, Safety and Occupational Health. "We have commanders across the Army who are embracing these programs – understanding the power within them – and leveraging the tools available to them to help improve their particular program."

Leaders are also engaging to reduce loss through the use of another program in the area of privately owned vehicles. The primary tool they are using to decrease overall POV loss is the Army's TRiPS program. This risk-planning tool allows service members and civilian employees to create a tailor-made risk analysis for traveling. The program gives users specific guidance and steps to take to lower the overall risk while traveling on trips. Users can also view narratives of

See **SAFETY**, page 5

# Community unites to celebrate ACS birthday

Story by  
**HEATHER TASSMER**  
 APG News

Soldiers, their Families, retirees and civilian employees helped celebrate 42 years of Army Community Service July 26 at Maryland Boulevard Park.

Aberdeen Proving Ground Garrison Command Sgt. Maj. Pedro Rodriguez and Tim McNamara, deputy to the Garrison commander, assisted Celestine Beckett, director of ACS, with the annual cake cutting tradition.

This year was Rodriguez's first time attending the celebration after assuming responsibility of the garrison command sergeant major position July 12.

"It's a beautiful day for the event," he said. "It's obvious ACS put a lot of effort into making the event a success."

Diana Hayes, Parent and Children Together Program manager and outreach coordinator, said that "it is always good to get the command team involved in supporting events centered around military and civilian Families working toward a common goal, which is to make sure our total Army Family is provided excellent services and opportunities for our children."

Other highlights of the event included face painting, caricature drawing, balloon making and hair painting by Nothin' Up My Sleeve, an entertainment company based in Churchville, Md.

Cindy Scott, Army Substance Abuse Program prevention coordinator, and Samson Robinson, prevention specialist, manned a table where they talked to youths about the dangers of drugs. They also conducted a Drug Free Ring Toss where youths wore drunk goggles and learned how alcohol impairs motor skills.

Twelve-year-old Deana Twitty and Aubrey Cross giggled while they tried out the ring toss with the goggles.

After talking with Robinson, Cross said, "We learned to always stay drug-free."



Photo by YVONNE JOHNSON  
 Garrison Command Sgt. Maj. Pedro Rodriguez, left, helps Imani Williams slice the Army Community birthday cake while Staff Sgt. Montae Sledge gets ready to help serve during the ACS' 42nd birthday celebration at Maryland Boulevard Park July 26.

Attendees also chose from a variety of foods including hamburgers, hot dogs, baked beans, watermelon and cake.

Volunteers from the Marine Corp Detachment assisted with grilling and other tasks. Rodriguez presented them with coins of excellence as a sign of appreciation for their help.

Several attendees said they had a good time at the celebration.

This was the first time Tami Williams had attended an ACS birthday event. Williams was at the picnic with her 5-year-old daughter, Imani.

She said she, her husband, Sgt. 1st Class Montague Williams, and Imani just recently moved to APG from Fort Leonard Wood, Mo.

"ACS is the first place I go when we go to a new duty station," Williams said.

See **ACS**, page 11

# Resumes to be purged starting April 1, 2008

CPAC

The Army will begin purging the Resumix Automation Tool on April 1, 2008.

The storage capacity has been strained and is slowing its performance.

"The strain on the database has also negatively impacted the electronic notification system, ANSWER," said Diane Smith, director, Civilian Personnel Advisory Center. "This advance notification is an opportunity for personnel to review and update their resumes before purging begins."

Resumes will be purged for all applicants, including Army employees if records show that:

- it has been more than one year since the resume was received in Resumix, and
- there is no record of a self-nomination for an Army job vacancy within this period, or
- it has been more than one year since the date of the last self-nomination.

"Applicants whose resumes are purged can resubmit them at any time, thus ensuring another period of active consideration," she said.

For more information on Resumix and the Army's resume retention policy, refer to the Army's Civilian Personnel On-Line Web site at [www.cpol.army.mil](http://www.cpol.army.mil).

For more information, call Smith, 410-278-1404.



# Women take health seriously during Perry Point Women’s Health Fair

Story and photo by  
**YVONNE JOHNSON**  
APG News

From mammograms to menopause and everything in between, a plethora of health news, issues and information was available for visitors to the Women’s Health Fair at the Perry Point Veterans Affairs Medical Center in Perryville Aug. 8.

The medical center’s Equal Employment Opportunity Federal Women’s Program, led by program support assistant Melissa Smith and Maryland Tri-County Federally Employed Women, organized the event.

Smith said it was the first fair coordinated with FEW.

“We’ve included an array of information sources from nutritional information to domestic violence resources and even stress relief options like our Native American sweat lodge,” Smith said.

“Our goal is to tell women to take care of themselves,” she said. “Women must realize that they can’t take care of home, work or their family if they are not healthy. You have to take care of yourselves before you can take care of others.”

Organizations exhibiting displays included Suzanne Schultz a human resources specialist with Aberdeen Proving Ground’s Civilian Personnel Advisory Center and FEW president who distributed flyers and brochures.

“We just want visitors to know what FEW is all about and what it is we do,” Schultz said.

Also from APG, Jareta Coyle, APG alcohol and drug control officer, gave a class on relaxation techniques and a self esteem focused lecture called “Women of Worth.”

Focusing on stress, Coyle said that ailments such as high blood pressure and ulcers can be the result of the “mismanagement of skills or resources to handle problems in our lives.”

“Some stress can be beneficial and some people actually work better under stress, but when it becomes constant is when it becomes harmful,” Coyle said.

She talked listeners through various stress-relieving techniques that “can be done anywhere.” From their necks to their toes, participants practiced tensing then relaxing muscle groups to achieve relaxation and decrease stress. Coyle closed by taking participants on a relaxing “imaginary walk” through a peaceful garden using visualization and progressive muscle relaxation methods.

Coyle also provided an ASAP display containing brochures on aging, depression, post traumatic stress disorder, drug addiction and more.

She said that ASAP was happy to be included in the fair as many Perry Point patients also use the health facilities on APG.

“We are here to serve the APG community wherever that is,” Coyle said.

Dr. Christina Watlington and Juanita Warman of the hospital’s Mental Health Division presented a discussion on Women Trauma and Returning Veterans, which focused on common health issues regarding depression and PTSD.

Watlington said women develop

PTSD at twice the rate of men and that sexual assault is more likely to cause trauma than any other event.

“Women are the fastest growing segment of the veteran population, numbering 1.7 million in 2006,” Watlington said.

Other displays by Perry Point personnel included Breast Cancer Awareness by Carmen Cruz, who also gave a presentation on inflammatory breast disease; Diet and Nutrition by dietician Mary Ward; a physical therapy display by Tina Mathias and Nancy Shipp and a Sexual Assault/Spouse Abuse-Resource Center display by Susan E. Fisher of SARC.

In addition social worker Tracey Waite of the Elkton Veterans Center provided information about counseling on employment, Family and benefits issues offered through VA outreach centers.

“We do as much as we can to help returning veterans including Family counseling as well as readjustment and sexual trauma counseling and PTSD,” Waite said.

She encouraged all women veterans needing help with these issues to visit or contact the Vet centers serving the following areas:

**Cecil County**

Elkton Vet Center, 103 Chesapeake Boulevard, Suite A. Elkton, MD 21921, 410-392-6381;

**Harford County**

Harford County Outstation, 223 W. Bel Air Avenue, Aberdeen, MD, 21001, 410-272-6771

**Eastern Shore**

Cambridge Clinic Outstation, 830 Chesapeake Drive, Cambridge MD 21613, 410-228-6305

“Any veteran, male or female, can call us for information and we’ll get them where they need to go,” Waite said.

Perry Point Native American Committee representatives Al Milliner and Debbie Rosenkrans presented a display on edible wild plants that can be used for various ailments and injuries or simply as healthy meal alternatives.

Milliner brought samplings of wild plants from his back yard and pointed out that certain plants can be used for first aid ointments for cuts or insect bites and others that have more vitamin C than oranges.

Milliner teaches county search and rescue teams how to identify and use the plants.

Rosenkrans told listeners about smudging, a ceremony which involves burning plants like sweetgrass, cedar or sage, and taking the smoke in one’s hands and rubbing or brushing it over the body to eliminate bad feelings or negative thoughts.

She gave visitors small pillow-shaped ‘Soothers’ containing lavender which she said relieves stress and headaches.

Milliner also gave a presentation on the Perry Point sweat lodge which he runs with Aberdeen Veterans Outreach counselor Tom Pinder. He encouraged listeners to visit the lodge which is also used by the hospital’s PTSD patients.

The lodge, located on Perry Point property, is operated the first Saturday and third Tuesday of each month.



*Listeners practice relaxation techniques by clenching and unclenching their fists under the direction of Jareta Coyle, APG alcohol and drug control officer, during the Women’s Health Fair at the Perry Point Veterans Affairs Medical Center Aug. 8.*

Participants sit in a circle inside a canvas-covered mound-shaped structure and meditate, sing chants or participate in discussions led by the Fire Keeper. Water is poured on hot rocks in the center of the mound to create steam which induces participants to sweat profusely. Milliner cautioned that because sweating is the process of toxins leaving the body, participants should wear bandanas or sweatbands around the forehead to keep the toxins out of their eyes.

“The lodge is done in the Chipewa tradition, and it is operated year-round,” Milliner said. “It is a spiritual and physical cleansing process that is also enjoyed by our PTSD patients. I’m sure that after one evening in our lodge you’ll agree.”

A presentation on the benefits of eating raw foods was presented by Perry Point’s housekeeping officer Beatrice Burris. Burris recommended drinking natural, unprocessed juices from fruits like watermelon and cucumbers instead of store-brought juices and finding new ways to consume raw fruits and vegetables instead of cooking.

“You cook away the enzymes in foods when you heat them over one-hundred and five degrees,” Burris said. For example, she said that she uses raw zucchini cut in the shape of pasta and dried for four or five hours in place of spaghetti.

“You can get recipe ideas from the Web site [www.rawfood.com](http://www.rawfood.com),” Burris said.

“You’ll feel better and you’ll look better,” Burris said.

Visitors and personnel sat in on Coyle’s “Women of Worth” presentation which closed the fair.

Coyle focused on eliminating negative thoughts to enhance self esteem, calling it “black and white thinking.”

“Black and white thinking means people are either all good or all bad, and there’s nothing in between,” Coyle said. “We must eliminate black and white thinking because there’s no such thing as the perfect spouse, the

perfect job or the perfect child.”

She said that “thoughts are the parents of our feelings and we can control our thoughts by internally yelling ‘Stop!’

“Then challenge yourself with self-talk. What were you thinking and how true is it,” she said, “and substitute self-talk for whatever it was.”

For example, a person who is hesitant to get on the dance floor because they think everyone will be staring at them should internally yell “Stop!” then ask themselves how likely that is to be true.

“Chances are people will be carrying on conversations and not paying you any attention at all,” she said. “The trick about self-talk is that you can’t lie to yourself. Self talk has to be true and believable.”

She said that realizing personal boundaries is the key to healthy self esteem.

“Know your boundaries, which is where I end and you begin,” she said, “Persons with damaged boundaries cannot tell when they are being abused.”

“Healthy boundaries are flexible and you are able to determine who to let close to you and who not, what opinions to accept and what not.”

She said that it is important to allow children to have opinions and make mistakes and to provide a safe environment for them to learn from their mistakes.

“This is how we help them develop their decision-making skills,” she said.

She closed with goal setting and assertiveness training, commenting that it is important to set goals and to encourage children to do the same.

“The final way to increase your sense of worth and self esteem is through assertiveness training,” Coyle said, adding that fifty-five percent of communication is non-verbal.

“The assertive communicator makes eye contact and walks erect, stands up for themselves, expresses their true feelings and doesn’t allow themselves

to be taken advantage of,” she said.

“Seven percent of communication is words,” she cautioned,” and it’s important to choose words carefully so the style of delivery is consistent with your message.”

She said that being more assertive takes practice and that some examples include repeating the sentence, “I understand and I’m not interested,” when confronted by an aggressive salesperson or telemarketer.

“That simple sentence can diffuse a situation,” she said.

Another way is to take a passive reaction to criticism.

“Sometimes you have to figure out what’s behind the words,” she said. “Make them justify their criticism with specifics.”

Coyle said women need to learn to accept compliments and not put themselves down with responses like, “Oh, this old thing,” in response to a compliment on something they are wearing.

“You put yourself down with that type of response, and you insult the person giving the compliment,” Coyle said. “Simply say ‘Thank you,’ and accept the compliment.”

Coyle said that the topics she discussed were just the “tip of the iceberg.”

“Increasing our sense of worth takes practice so if there is something here that really interests you, I encourage you to get out there and research it,” she said.

Attendees agreed that the health fair was informative and worthwhile.

“I liked all the subjects and the fact that it was all located right here,” said Nancy Shipp, Perry Point physical therapist.

Patty Zeigler, physical therapist assistant added that she thought all the presentations were very good and that she planned to look into eating healthier and visiting the sweat lodge.

“I got a lot of good ideas,” Zeigler said. “Overall this was all very helpful.”

# Women still needed for breast care screening project

Story by  
**YVONNE JOHNSON**  
APG News

A project that may help in the early detection of breast cancer among young women, being conducted at Kimbrough Ambulatory Care Center at Fort Meade, is still requesting that eligible women come in to be screened for abnormalities that may signal the early onset of breast cancer.

The study is a part of the congressionally mandated Clinical Breast Care Project of Walter Reed Army Medical Center.

Participants must be active-duty military (any branch) or activated National Guard or Reserves, retirees or spouses of active duty service members (any branch), between the ages of 30 and 45.

Five military medical centers including Kimbrough and WRAMC are conducting the study.

At Kimbrough, Nansy Matthews, a nurse

practitioner with the Henry M. Jackson Foundation for the Advancement of Military Medicine, screens each patient using a new screening tool, the Electrical Impedance Scan, or T-Scan, a non-invasive device that uses a new technology to spot breast tissue abnormalities.

Matthews said that the collaboration between WRAMC and the Henry M. Jackson Foundation for the Advancement of Military Medicine is a Department of Defense supported study.

“Right now [the T-Scan] is considered an investigational device,” Mathews said, noting that besides a clinical breast exam, there are no effective detection methods for women under the age of 40.

“The T-Scan can potentially determine the probability of breast disease among younger women,” Mathews said.

Military wives clubs, church groups and veteran organizations are asked to spread the word to those members who fit the criteria.

“It’s fast, it’s painless and it could be one of the smartest things you’ve ever done for yourself,” Matthews said.

The T-Scan device consists of a hand-held transducer and a probe, both linked to a computer system.

During the exam, Mathews uses the probe to take measurement of the patient’s breast while the patient holds the transducer in the opposite hand of the breast being evaluated.

The T-scan is a physiological exam that measures the electrical flow of current through the breast tissue, Mathews said.

“The goal is to test breast abnormality based on the electrical flow. The idea is that abnormal cells have a different electrical conductivity

than normal cells,” she said.

The scanned measurements are then compared to a database of 20,000 normal breast exams, and at the end of the exam, a red or green barcode appears at the bottom of the computer screen.

Red indicates that the patient falls out of the norm and additional diagnostic testing is recommended.

The project has created a culture of awareness and breast health education for a demographic of women too young for mammograms or not considered high risk for developing breast cancer, Mathews said.

The study is being conducted over a five-year period and will involve 11,000 women.

For more information, contact Mathews at 301-677-8858 or e-mail her at [nansy.mathews@us.army.mil](mailto:nansy.mathews@us.army.mil).



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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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# Harford native helping round up insurgents in Iraq

Story by  
**YVONNE JOHNSON**  
APG News

A Harford County native serving with the U.S. Army in Iraq is actively involved in efforts to eliminate insurgent and al-Qaida-related activities in the region.

2nd Lt. John Lorme was part of a task force that raided a house and detained their primary target, a man linked to al-Qaida in Iraq, without incident in July.

The Army has not released the name of the high-profile captive but he is thought to be linked to a string of kidnappings, murder and extortion, and he was one of the top most wanted insurgents by coalition forces.

A native of Aberdeen who once was stationed on Aberdeen Proving Ground, Lorme is serving with the 3rd Heavy Brigade Combat Team of the 3rd Infantry Division (Mechanized) from Fort Benning, Ga., also known as the “Sledgehammer Brigade.”

Lorme said the 3rd HBCT occupies an area east of Baghdad and its primary mission is to “smother al-Qaida insurgent operations.”

“We work with the Iraqi Army and police, but we also do a lot of missions independently,” Lorme said.

On the day of the high-profile capture, he and his team were conducting ambush operations when they “got called out to go look for a bad guy” at a specific grid location.

He said his team of about 25 Soldiers moved out to a residential area about 2,000 meters away which 3rd HBCT intelligence had identified as possibly containing the wanted terrorist.

“There wasn’t much resistance,” Lorme said of the capture. “We basically surprised him and his family at dinner.”

The team also captured several of the insurgent leader’s associates during the raid and Lorme credited information sources and support from other teams providing back-up with the capture that went smoothly, without incident or loss of life.

“There were probably two-hundred people involved in the entire mission,” he said.

A 1987 graduate of Harford Technical High School, Lorme is a platoon leader who changed from thr enlisted to officer



Photo courtesy of MAJ JOE SOWERS, 3RD HBCT  
*2nd Lt. John Lorme of the 3rd Heavy Brigade Combat Team scans nearby buildings for a suspected sniper while on patrol east of Baghdad Aug. 1.*

ranks after a 20-year career. The former sergeant first class said he wanted even more out of the military so he attended Officers Candidate School and graduated a second lieutenant.

Now serving on his second tour in Iraq, Lorme said he believes that knowing the Army from the enlisted perspective, makes him a better Soldier and leader.

“I’m very proud of my team and I believe we are making a difference,” he said.

“I’m thankful to God for enabling me to lead Soldiers,” he added. “This is the best job I ever had [because] I’m being the platoon leader I always wanted.”

On Aug. 6, Soldiers of the 3rd HBCT captured another ‘most wanted

insurgent’ during a raid on a house in northeast Nahrawan. During a search of the house Soldiers found a video depicting insurgents preparing rockets to be launched against the 3rd HBCT’s main operating base, Forward Operating Base Hammer. The unit detained nine individuals found inside the house including the most wanted insurgent.

**Sledgehammer Brigade**

The 3rd HBCT mission is to interdict accelerants in order to deny extremist elements freedom of movement and prevent sectarian violence. Al-Qaida-associated individuals have been a focus but any individual destabilizing the area or trafficking munitions to destabilize other areas is also targeted.

# Preventing overtraining

Story by  
**LT COL STEVEN H. BULLOCK**  
*U.S. Army Center for Health Promotion & Preventive Medicine*

A tri-Service group of experts recently established science-based recommendations that reduce physical training-related injuries of military recruits. However, these recommendations can be applied to all military units that perform mass physical training.

The central principle in preventing overtraining is to understand that there are physical limits to what the body can withstand and positively respond to before the rate of breakdown overruns the rate of build up. For example, when the injury rate goes up and the physical performance goes down, it is an indication that a unit may be overtraining. Commanders at all levels can monitor the number of profiles and Army Physical Fitness Test pass rates and run times to determine if their units may be overtraining.

The most important recommendation: physical training programs should de-emphasize long-distance running, which is the primary cause of overtraining. Much research shows that overtraining leads to lowered physical performance, decreased

motivation, increased fatigue and attrition and higher injury rates. All of these negatively affect unit and force readiness significantly.

Strong evidence exists that PT programs that reduce distance running miles and incorporate the following elements prevent overtraining and reduce injury rates. At the same time, they maintain or improve physical fitness.

**Recommended training elements**

Follow a standardized, gradual, systematic progression of running distance and speed. Begin with lower mileage and intensity, especially for those just starting a PT program (for example, new recruits, changing units, or those returning to PT after time off for an injury or leave).

Structure PT injury-prevention programs to target those Soldiers at the highest risk of injury (those of average or below average fitness) by ensuring that running mileage is appropriate for their lower fitness level.

Use fitness test performance (run times) to place Soldiers in ability groups of similar fitness levels to enhance fitness and minimize injury risk. (Running in ability groups by time, not distance, allows the least fit to run shorter distances than the most fit, thus accommodating low and high fitness groups simultaneously). For this reason units should also limit “formation” running as it overtrains the least fit and provides inadequate training for the most fit.

Avoid remedial physical training programs that require the least fit Soldiers, especially recruits, to do more PT than fit Soldiers. Remedial training that requires more of those who are the least fit significantly increases risk of overtraining and injury. Worse, it leads to little or no fitness improvement. Again, gradual, progressive training by ability group improves fitness with less risk of overtraining and injury.

Replace some distance runs with higher intensity, shorter-distance runs like interval training activities (repeated sprints, Fartlek training, last-man-up, etc.). These methods increase speed and stamina more rapidly than distance running, with many fewer miles run.

Balance the body’s need for a physiologic training overload with the need for recovery and rebuilding by coordinating military and PT to:

- Avoid exhaustive military or PT (such as obstacle courses,

long road marches with heavy loads, longer runs, maximal-effort physical fitness testing, etc.) on the same or successive days.

- Allow adequate recovery time between administrations of maximal-effort physical fitness tests (ideally three to five days) to prevent overtraining and increase the likelihood of improved physical performance.
- Alternate training days that emphasize lower body weight-bearing physical activity with training days focused on upper body conditioning.
- Minimize the accumulated weight-bearing stress on the lower body from marching/hiking, movements to training sites, drill and ceremony, obstacle courses, running, etc., by not over-scheduling such activities on the same or successive days.

For too long leaders have measured the success of their PT programs on APFT scores alone. Injury rates (number of visits or profiles) are as much an indication of the success or failure of any physical training program as APFT scores. For this reason, units should place greater emphasis on APFT pass rates rather than on raw scores and reward leaders accordingly. The standardized PT program now in place at all basic training and advanced individual training sites throughout the Army incorporates many of these recommendations.

For examples of effective mass training that minimizes injury, visit [www.infantry.army.mil/usapfs](http://www.infantry.army.mil/usapfs).

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motivation, increased fatigue and attrition and higher injury rates. All of these negatively affect unit and force readiness significantly.

Strong evidence exists that PT programs that reduce distance running miles and incorporate the following elements prevent overtraining and reduce injury rates. At the same time, they maintain or improve physical fitness.

**Recommended training elements**

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## MRICD scientist to participate in the Maryland Excellence Awards program

*MRICD*

Maryland senators, Barbara Mikulski and Benjamin Cardin, have selected Dr. Margaret G. Filbert, director of Consultations for the U.S. Army Medical Research Institute of Chemical Defense, to serve on the 2007 Board of Examiners for the Maryland Performance Excellence Awards program.

Filbert, along with her fellow examiners, will evaluate the award applications from state businesses and organizations to determine the recipients of the Senate Productivity and the Maryland Quality Awards.

Sponsored by the senators and the Maryland Technology Enterprise Institute at the University of Maryland, the program recognizes organizations for their performance excellence, thereby encouraging quality and productivity improvements to foster a stronger, more competitive economy. The program began in 1983 and in 1997 adopted the criteria of the Baldrige National Quality Program, which was created by an act of Congress in 1987 and is administered by the National Institute of Standards and Technology.

The Board of Examiners is comprised of volunteers, selected through a competitive application process, from across the industries in which the organizations are recognized: manufacturing, service,

public sector, nonprofit, education and health care. To be eligible, applicants must be U.S. citizens and work in Maryland or the greater metropolitan Washington area.

Filbert was invited by the MTEI to submit an examiner application. In addition to detailing work experience, education, and professional affiliations, applicants identify and describe their analytical, communication, team member and leadership skills.

“I think my strong points were probably having been a researcher for many years and then a manager as chief of research operations,” said Filbert, who has more than 50 years of government service. “Now as director of Consultations, one of the three core capabilities of the institute, I

am responsible for a third of the institute’s mission.”

The applicants are also asked to describe their experience or familiarity with the Baldrige criteria or other related assessment experience, as well as to rank their abilities to assess applicants in different areas and their own level of the knowledge and skills required by examiners. Lastly, applicants are asked to describe why they would like to serve on the board.

“I applied because I thought that participation as an examiner would be beneficial in evaluating the strength of MRICD,” Filbert said.

Once selected, examiners attend several training seminars before receiving an organization’s award application to evaluate. The program estimates that evaluation of the application, independently and in discussions with other team members, possible site visits to the award applicant, and feedback meeting with award applicants require approximately 100 to 150 hours of the examiners’ time over a five-month period. At the program’s spring awards ceremony, examiners receive letters of recognition from their senators and the University of Maryland and have the opportunity to meet and be photographed with these leaders.

Another benefit of serving as an examiner is the opportunity to network with other professionals. Also serving on this year’s board are individuals from the National Institutes of Health, Food and Drug Administration, Red Cross, U.S. Department of Education, Bureau of Engraving and Printing, and the National Institute of Standards and Technology, as well as from Maryland colleges and universities and Maryland corporations.



Graphic by CHPPM VISUAL INFORMATION



| Opening school activities            |  |   |  |
|--------------------------------------|--|---|--|
| SECONDARY 2007-2008                  |  |   |  |
| First day of school, Monday, Aug. 27 |  |   |  |
| High school                          | Open house/orientation   | Back to school night  |  |
| Aberdeen                             | Aug. 23, 2 - 5 p.m. <i>Open House</i><br>Aug. 23, 5 - 6 p.m. <i>9th grade parent meeting</i>   | Sept. 4, 6 – 8:30 p.m.  |  |
| Bel Air                              | Aug. 24, 8 – 10 a.m., <i>Grade 9 Orientation</i>   | Aug. 30, 6:30 p.m.  |  |
| C. Milton Wright                     | Aug. 24, 1 - 3 p.m., <i>Freshman Fest</i>  | Sept. 12, 6:30 – 8:45 pm.   |  |
| Edgewood                             | Aug. 23, 3:30 - 5 p.m.,<br><i>Grade 9/new students orientation</i>                             | Aug. 30, 4 - 6 p.m.   |  |
| Fallston                             | Aug. 24, 1 - 3 p.m., <i>Freshman Fest (Grade 9 and other new student orientation and tour)</i> | Sept. 4, 6:30 p.m.  |  |
| Harford Technical                    | Aug. 23, 1 - 4 p.m., <i>Open house/new students</i>  | Sept. 6, 6:45 - 9 p.m.  |  |
| Havre de Grace                       | Aug. 23, 1 p.m., <i>Open house/new students</i>  | Sept. 12, 6:30 p.m.   |  |
| Joppatowne                           | Aug. 24, 12:30 – 3 p.m.,<br><i>Open house and Freshman Fest</i>                                | Sept. 6, 6 – 8 p.m.   |  |
| North Harford                        | Aug. 23, 1 - 3 p.m.  | Sept. 17, 6 p.m.  |  |
| Patterson Mill High                  | Aug. 24, 9 a.m. – noon   | Sept. 20, 7 – 9 p.m.  |  |
|                                      | Aug. 21, 6 – 9 p.m.; Aug. 23, 6 – 9 p.m.; Aug. 25, 6 – 9 p.m., <i>Public tours</i>             |   |  |
| CEO                                  | Aug. 28, 5 – 7 p.m. <i>Open house</i>  | Sept. 20, 5 – 7 p.m.  |  |
| RAACS                                | July 23, 5:30 p.m.; Aug. 13, 5:30 p.m., <i>Parent/student orientation</i>                      |   |  |
| Middle school                        | Open house/orientation   | Back to school night  |  |
| Aberdeen                             |  | Sept. 6, 6 – 8 p.m.   |  |
| Bel Air                              | Aug. 23, 1 – 5 p.m.<br><i>Grade 9/new students</i>   | Sept. 18, 6:45 – 9 p.m., <i>grade 8</i><br>Sept. 19, 6:45 – 9 p.m., <i>grade 7</i><br>Sept. 20, 6:45 – 9 p.m., <i>grade 6</i> |  |
| Edgewood                             | Aug. 23, 3 – 5 p.m.<br><i>(Open house for all students new to EMS)</i>                         | Sept. 10, 6:30 – 9:30 p.m. , <i>grade 6</i><br>Sept. 11, 6:30 – 9:30 p.m., <i>grades 7 and 8</i>                              |  |
| Fallston                             | Aug. 23, 2 - 5 p.m.<br><i>Grade 6/new students</i>   | Sept. 10, 7 p.m., <i>grade 7 and 8</i><br>Sept. 11, 7 p.m., <i>grade 6</i>  |  |
| Havre de Grace                       | Aug. 20, (2:30 - 8, students; 5:30 - 8, parents)<br><i>Jump Start (new students)</i>           | Sept. 11, 6 – 8:30 p.m.   |  |
| Magnolia                             | Aug. 24, 10 – 11:15 p.m.<br><i>Grade 6/new students</i>  | Sept. 6, 5:30 p.m.  |  |
| North Harford                        | Aug. 24, 1 - 3:30 p.m.,<br><i>Open House Jump start - May 2008</i>                             | Sept. 5, 7 - 9:30 p.m., <i>grade 6</i><br>Sept. 11, 7 – 9:30 p.m., <i>grade 7</i><br>Sept. 18, 7 – 9 p.m., <i>grade 8</i>     |  |
| Patterson Mill Middle                | Aug. 24, 1 – 4 p.m.  | Sept. 19, 7 – 9 p.m.  |  |
|                                      | Aug. 21, 6 – 9 p.m.; Aug. 23, 6 – 9 p.m.; Aug. 25, 6 – 9 p.m., <i>Public tours</i>             |   |  |
| Southampton                          | Aug. 23, 8:30 – 11 a.m.; 1 - 5 p.m., <i>Open house</i>   | Aug. 30, 8A, 8B<br>Sept. 4, 8C, 8D<br>Sept. 5, 6A, 6B   | Sept. 6, 6C, 6D<br>Sept. 7, 7A, 7B<br>Sept. 10, 7C, 7D |

# Safety

From front page

mishaps that happened during similar trips and other traffic-safety information.

Although as of July 23 this FC the Army has suffered 33 fatalities in sedans, a slight decrease from the 40 fatalities for FY 06 in the same time-frame, the number of fatalities in the “Other” POV category has increased from 18 in fiscal 2006 to 28 in FY 07. This category consists of pickup trucks, SUVs, vans and ATVs.

“As leaders, we can’t lose focus,” Forrester said. “We can’t become complacent. We need continued engagement by our leaders. It’s this one-on-one engagement – or Oak-tree counseling – between first-line supervisors and their subordinates that brings these programs to life.”

A key feature for supervisors using the TRiPS tool is that they receive a copy of the risk analysis. This allows them the opportunity to discuss the planned trip, the risks involved and how to control those risks with the traveler/subordinate.

Since its inception, Soldiers have completed more than 2.3 million assessments. Of those people who completed the assessments, four have been killed with only two of those actually operating the vehicle. Soldiers complete roughly three to five thousand assessments a day.

“You can’t ignore the impact engaged leaders are making in the Army,” Davis said. “You can have all the tools you want, but you need engaged leaders to help ensure the tools are

used and used the right way. What works in one location might not work in another, so having leaders who know what tools will work is essential.”

There are a lot of moving parts in the transformation of Army safety, and Glidewell said he believes the success of continuing a downward trend in Army loss is on the shoul-

ders of the Army’s young leaders such as platoon sergeants, platoon leaders and below.

“As long as our young leaders continue stepping up and making the right decisions for their groups, we’ll be successful in reducing loss and remaining an Army Strong,” Glidewell said.

Visit  
APG News  
online at  
  
www.  
apgnews.  
apg.army.mil

**Post Shorts**

Davis, NFFE Northeast Region business representative and Randy Erwin, NFFE legislative director.

Food and drinks will be provided.

For more information or for membership drive locations, call Local 178, 410-436-3942 or e-mail [local178@us.army.mil](mailto:local178@us.army.mil).

**NFFE Local 178 holds monthly meetings**

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend monthly meetings 11:30 a.m. to 12:30 p.m., building E-4415 (RDECOM, ECBC, ECBC

matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Aug. 16, Sept. 20 and Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Personnel System Update).

For more information, call 410-436-3942 or e-mail [local178@apg.army.mil](mailto:local178@apg.army.mil).

**Women’s Equality day Awards program**

In recognition of Women’s Equality day, APG will hold an awards program, 10 a.m., Aug. 22, at the APG South Conference Center, building E-4811.

Awards will acknowledge those individuals and organizations exemplary in their support of the Federal Women’s Program goals. Award categories are Outstanding Woman of the Year, Outstanding Supervisor/Manager of the Year and Activity Most Supportive of FWP Goals.

For more information, call James Rivera, 410-278-1161

**BJ’s membership sale**

BJ’s Wholesale Club offers a 15-month membership, to include two cards for \$35 for all civilian and military personnel, retirees and contract employees.

Sign up for membership 11 a.m. to 4 p.m. at the Aberdeen Recreation Center, building 3326 on Aug. 21, 28 and Sept. 14, or 11 a.m. to 5 p.m. at CAPA Field, APG South, on Aug. 22.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

Appointment is necessary. For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

**Give the gift of life – blood drive Aug. 27**

Headquarters and Headquarters Company, U.S. Army Garrison had to cancel the installation blood drive on Aug. 13, but will hold one 9 a.m. to 1 p.m., Aug. 27, at the APG South Chapel Fellowship area. The blood drive is open to everyone. Appointments are encouraged in order to decrease wait times, but walk-ins are welcome. The drive is sponsored by the Armed Services Blood Program and all blood collected will be distributed within the military community.

To make an appointment or for more information call Candice F. Hamlin, 410-278-3000.

**AAFES, Hershey’s sponsor Elvis sweepstakes**

The Army & Air Force Exchange Service, in conjunction with Hershey’s and Reese’s Elvis Peanut Butter and Banana Crème candy, is offering military shoppers an exclusive opportunity to win the rock and roll trip of a lifetime to 3734 Elvis Presley Boulevard in Memphis.

Now through Aug. 25, AAFES shoppers can register for the “Hershey’s Elvis Sweepstakes” at participating PXs around the globe. The sweepstake’s grand prize includes roundtrip airfare for four, four tickets to Graceland, a hotel for four days and three nights and \$500 in spending money.

The “Hershey’s Elvis Sweepstakes” prize package, valued at \$4,200, will be awarded on or about Sept. 28.

No purchase is necessary to enter and winners need not be present to win.

**APG Black Employment Program seeks members**

The APG BEP is seeking a diverse group of interested, innovative, dedicated and driven managers, supervisors and employees from all professional and racial categories, all pay bands/grades, as well as military equal opportunity advisors and equal opportunity representatives from all tenant activities, to join and support the mission and goals of the APG Equal Employment Opportunity Program.

Find out more at the next meeting 1:30 p.m., Aug. 30, in the EEO/Courthouse, building 2043.

For more information, contact Kimberly Alcorn, EEO Office, at 410-278-1145 or [kimberly.alcorn@us.army.mil](mailto:kimberly.alcorn@us.army.mil).

**Reminder: Vehicle storage in housing areas**

Personnel occupying quarters on Aberdeen Proving

Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas. Vehicles in violation are subject to impoundment at the owner’s expense.

**RAB meeting**

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting, 7 to 9:45 p.m., Aug. 30, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Lauderick Creek Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call 410-272-8842 or 800-APG-9998.

**Registration open for UMUC Fall 2007**

Registration has begun for the University of Maryland University College Fall 2007 semester, which begins Sept. 4. APG will offer IFSM 300 Information Systems in Organizations, 6:30 to 9:45 p.m., Wednesdays and WRTG 394 Business Writing, 6:30 to 9 p.m., Tuesdays. Additional classes are available through distance education formats.

For more information or to register, visit the APG office of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available at [www.umuc.edu](http://www.umuc.edu).

**Volunteers needed for research studies on hearing**

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies. Interested volunteers

should contact Martha Dennison, 410-278-5918, or e-mail [mjdennis@arl.army.mil](mailto:mjdennis@arl.army.mil).

**Harford County job fair**

The Army Community Service Employment Readiness Program and the Susquehanna Workforce Network will join Harford County in presenting a job fair 2 to 6 p.m., Oct. 4, at the Richlin Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in healthcare, food service, finance, education, emergency services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

Dress for success, bring plenty of resumes and be prepared to fill out applications.

For more information, call Marilyn Howard, ERP manager at 410-278-9669, or visit the Susquehanna Workforce Web site, <http://www.swnet-work.org>.

**Adult American citizenship class**

The Army Community Service Relocation Assistance Program will offer a free class for military personnel or Family members, preparing to take the test for American Citizenship given by the Immigration and Naturalization Service.

The class will be held every Saturday, 10 a.m. to noon, through Aug. 25 at ACS, building 2754 Rodman Road.

The class covers citizenship procedures, explains how to fill out the application, basic American history and the Constitution.

Attendees must attend all eight sessions to receive a Harford Community College certificate for attending a Citizenship Class. Seating is limited, so register early.

For more information or to register, call the Relocation Assistance Program, 410-278-2464/7572.

*(Editors Note: More Shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*



# Community Notes

SATURDAY

**AUGUST 18  
BLOOMIN’ MARSH  
KAYAK TRIP**

See what’s blooming in the marsh and cruise the creek. This program is for ages 8 to adult, under 13 with an adult, and is \$10 from 11 a.m. to 2 p.m. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**WHITE-TAILED DEER  
SURVEY**

Harford County seems to be experiencing explosive population growth, and not just with humans. Help to determine if the deer population of Leight Park is a healthy size. Get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer are in this area. It is from 3 to 5 p.m. for ages 16 to adult. This program is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**BACK TO SCHOOL  
PRIZE BINGO**

A Back to School Prize Bingo to benefit the Ladies Auxiliary to VFW Post 8185 will be held at VFW Post 8185, located on Route 222, Port Deposit, 7 p.m. Doors open 6 p.m. Tickets cost \$10 per person for all paper cards for 20 games. Special single card packet costs \$5 for children ages 8 and under. Extra packs cost \$5. Toys, gifts, door prizes, refreshments, raffles and more will be available. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Bonnie Perkins, 410-378-2376 or Pat Job, 410-658-5628.

SUNDAY

**AUGUST 19  
WHAT’S IN THE SKY  
CANOE TRIP**

Butterflies and birds are everywhere. Paddle around the creek and observe things that float, flutter and fly. This program is for ages 8 to adult, under 13 with an adult, and is \$10 from 10:30 a.m. to 1 p.m. Registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CATCH A DREAM**

Dig into Native American history of the area and build a dream catcher. This program costs \$5 and is from 2 to 3 p.m. for ages 5 to adult, 5 to 10 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

MONDAY

**AUGUST 20  
CHARACTER CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Character Cruise, 6:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$10 per person and reservations should be made in advance. Cost includes a 90-minute cruise around the Susquehanna Flats, beverage and snack with a special character that is the girl that likes to explore. This is sure to be a good time for parents and their children to sail and enjoy stories. For more information or for reservations, call 410-939-4078.

TUESDAY

**AUGUST 21  
CHARACTER CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer two Character Cruises, 10 a.m. and 1:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$10 per person and

reservations should be made in advance. Cost includes a 90-minute cruise around the Susquehanna Flats, beverage and snack with a special character that is the girl that likes to explore. This is sure to be a good time for parents and their children to sail and enjoy stories. For more information or for reservations, call 410-939-4078.

WEDNESDAY

**AUGUST 22  
LIGHTHOUSE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a narrated lighthouse cruise, noon to 3 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$30 per person and include a boxed lunch and water views of Concord Point, Turkey Point and Fishing Battery Island. For more information or to purchase tickets, call 410-939-4078.

THURSDAY

**AUGUST 23  
PUBLIC CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer two public cruises aboard the Skipjack Martha Lewis at 3 p.m. and 5 p.m. Tickets cost \$15 for adults and \$7 for children under 10 and include a 75-minute cruise around the Susquehanna Flats. Passengers can board the Skipjack Martha Lewis at Tydings Park located at 352 Commerce Street, Havre de Grace. Credit cards will be accepted. For more information or to purchase tickets, call 410-939-4078.

SATURDAY

**AUGUST 25  
ROLL OUT OF BED  
BOAT TRIP**

Come experience the early morning on the water. Show up in PJ's and get a free breakfast. Coffee and juice

will be provided for all others. Participants should wear shoes with a sole, no bunny slippers allowed. This program is for infants 30 lbs. and up, under 13 with an adult, and suggests a donation of \$6 for adults, \$4 for 13 and under. It is from 6:30 to 8 a.m. Registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**ESTUARY STEPPING  
STONES**

Collect stones, driftwood, seedpods and more to create a one-of-a-kind stepping stone to put in a yard or garden. This program is for ages 5 to adult, 5 to 12 with an adult and is \$8 per stone from 10:30 a.m. to noon. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**CRITTER DINNER  
TIMES**

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This program is for all ages and is free at 2:30 a.m. No registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

**AUGUST 26  
DISCOVERY WALK**

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park. This program is for all ages and is free at 10:30 a.m. No registration required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*

## Cooling stations available in Harford County

The Harford County Department of Community Services has made several senior centers available as cooling stations for Harford County residents in need of relief from the heat. The centers are open from 8 a.m. to 4 p.m., Monday through Friday.

Centers include the Havre de Grace Activity Center located on Lewis Lane, Havre de Grace; the Edgewood Senior Center located on Gateway Drive, Edgewood; the Aberdeen Senior Center located on Franklin Street, Aberdeen; the Highland Senior Center located on Highland Road in Street and the McFaul Activity Center located on MacPhail Road, Bel Air. In the event it is needed, arrangements will be made to extend the hours.

Outreach staff from the Harford County Office on Aging will contact frail and infirmed clients to monitor their comfort and safety throughout this high temperature weather event.

For more information, call HCDCS, 410-638-3389.





# MORALE, WELFARE & RECREATION

## Activities/Events

### Visit the King Tutankhamun Museum exhibit

Spend a day with MWR in Philadelphia, Aug. 18, beginning with a visit to see King Tutankhamun and the Golden Age of the Pharaohs Exhibit at the Franklin Institute Science Museum. Other historical areas of interest in the beautiful city of Philadelphia will be available.

Cost of the trip is \$60 per person and includes bus transportation and admission to the King Tut exhibit.

For more information or to make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

### Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

#### Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, Aug. 30 through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

#### Columbia shows

Three shows include Little Shop of Horrors through Aug. 19; Titanic, Aug. 23 through

Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

### Do-it-yourself New York City tours

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Aug. 18, Sept. 15, Oct. 20 or Nov. 17. Cost of the trip is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR\_LeisureTravel@apg.army.mil.

### Sesame Street Live

Tickets for Sesame Street Live: When Elmo Grows Up will be held Sept. 13 through 16, at the 1st Mariner Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$16.50 each for Opening Night Special and \$18 each for Sept. 14 to 16.

Even the adorable wonder puppet Elmo ponders what it will be like when he's an adult. Join Elmo and his neighborhood friends as they explore the endless, exciting possibilities in Sesame Street Live: When Elmo Grows Up.

Open to all DoD employees. For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, build-

ing 3326 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

### MWR has tickets for The Wedding Singer

Tickets are available for The Wedding Singer, 2 p.m., Sept. 15, at The Hippodrome, Baltimore. Tickets are on sale until Aug. 12 and cost \$54.70 to \$68.20 each (includes the service fee and shipping). Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

To order tickets, visit Web site [www.eventusher.com](http://www.eventusher.com); enter the special password: 105MWRAPGMD; and follow the instructions on the ordering page.

For more information, call or visit the MWR Leisure Travel Office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or email MWR-LeisureTravel@apg.army.mil.

### Dover 400 Nextel Cup Race

The Dover 400 NASCAR Nextel Cup Race will be held 1:30 p.m., Sept. 23, at Dover International Speedway located on 1131 N. Dupont Highway, Dover, Dela. Only a limited number of tickets are available.

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept. 22 race costs \$39 each (children 11 and under get in free with each paying adult).

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

## Sports

### Ruggles holds Customer Appreciation Tournament

Ruggles Golf Course will hold a Customer Appreciation Tournament, 8 a.m., Sept. 29. The tournament will be an 18-hole, two-person scramble. Minimum team handicap is 12. A continental breakfast will be served prior to the start and refreshments and awards upon completion of event.

Cost is \$20 for annual patrons; \$33 for authorized patrons; and \$40 for guests.

For more information or to register tee times, call 410-278-4794 or e-mail david.correll@us.army.mil.

### Senior Golf Special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

For more information, call 410-278-4794 or e-mail david.correll@us.army.mil.

### Units are set to duke it out in October

Another Amateur Boxing Night is set for 6 p.m., Oct. 20, in the parking lot of Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend their title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children 6 and younger. The event is open to the public. Doors open at 4 p.m.

The event will be held inside the gym in case of inclement weather.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

### Fall, winter leagues forming

Bowlers don't have to be good to have fun.

All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Monday Nite Mixed League is limited to the first eight teams, three members per team, any combination. Bowling starts 6 p.m., Sept. 24, for \$10 per person per week for 12 weeks. Cash prizes are awarded at the end of league.

The Monday Nite Football Widows starts 6

p.m., Sept. 24, three members per team, for \$10 per person per week for 10 weeks. Cash prizes awarded at the end of league.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies awarded at the end of league.

Wednesday Mixed will start at a time to be determined. Teams include two men and two women.

Thursday National Guard includes three men and one woman, two men and two women, or three women and one man. The league will meet 7 p.m., Sept. 13, and will start at a time to be determined.

Friday Fun Bunch includes three men and one woman, three woman and one man, or two men and two women. The league will meet 6 p.m., Sept. 14. The cost and start time will be determined.

Saturday Youth League starts 9:30 a.m., Sept. 15. This is an opportunity for youths to come out and meet new friends, enjoy parties, giveaways and more throughout the season. There will be a banquet at the end of league. Everyone is guaranteed something.

Sunday Trio is limited to the first 10 teams, any combination, two men and one woman, two woman and one man, three men, or three women. Bowling starts 1 p.m., Sept. 23, for \$10 per person per week for 10 weeks.

Lunch is served daily. Weekly lunch specials are advertised in the *APG News* every week.

For more information, call the APG Bowling Center, 410-278-4041.

### Senior Club Championship

Ruggles Golf Course will hold a Senior Club Championship for ages 55 and older, Sept. 15 and 16, with an 8 a.m. start. There will be men and ladies divisions. The championship is open to all annual patrons. The entry fee costs \$40 and includes range balls, cart, prizes and continental breakfast on first day, hot dog with soda on the turn both days, and appetizers with beverages after second day play. The tournament will be flighted according to handicap. Participants must have a USGA handicap to enter.

For more information or to register, call 410-278-4794, or visit the Pro Shop at Ruggles.

## Maryland State Fair tickets available

MWR Leisure Travel Services offers discount tickets for the Maryland State Fair, to be held Aug. 24 to Sept. 3, in Timonium. Admission tickets cost \$5 for adults; \$2.50 for children ages 6 to 11; \$16 for all-you-can-ride vouchers; and a pack of five food coupons costs \$4.50. The last day to purchase these tickets is Aug. 17.

For more information or to purchase tickets, visit MWR Leisure Travel Office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

## ACS upcoming events

*All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.*

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center will sponsor Smart Start Your Business seminars. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC will also be discussed.

Seminars will be held 11:30 a.m. to 1 p.m. Aug. 22, Sept. 19, Oct. 31 and Nov. 14.

For more information or to RSVP, call 410-278-9669.

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY, or deployments.

Meetings will be held, Sept. 19, Oct. 17, Nov. 14 and Dec. 5.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A Support Group for Survivors meets 6 to 8 p.m. each Tuesday. The topic is "Talking it Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A Support Group for Adult Survivors of

Sexual Abuse will meet 11 a.m. to 1 p.m. on the second Wednesday of each month, starting Aug. 7. "Let's Talk About It" provides emotional support, begins the healing process, and shares experiences and resources.

The Relocation Program will hold a Home Buying and Selling Seminar class, 11 a.m. to 1 p.m., Sept. 18, at the APG North Recreation Center, building 3326.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

The Exceptional Family Member Program will hold Another Dynamic Huggable Delightful Child, 6 to 8 p.m., Army Community Service, building 2754 Conference Room.

This workshop series is open to all service members, DoD civilians, Family members and retirees and will focus on parents who have children diagnosed with Attention Deficit Hyperactivity Disorder.

The workshop is to educate parents on ADD/ADHD, behavior modification and communication techniques.

#### Dates and topics

- Aug. 23, What is ADD/ADHD?
  - Aug. 30, Causes of ADD/ADHD
  - Sept. 6, Getting a Good Assessment
  - Sept. 13, Strategies to Manage Behavior
  - Sept. 21, Strategies to improve learning
  - Sept. 28, Medication Management
- Victim Advocacy APG 24-Hour Hot-lines: Domestic Violence is 410-652-6048; Sexual Assault is 1-410-322-7154.**

## SCHOOL LIAISON

### Roye-Williams holds open house

Roye-Williams Elementary School will hold an "Open House/Back to School Night," 6:30 p.m., Thursday, Aug. 23.

Roye-Williams will combine its Open House and Back to School Night to form a partnership between home and school before the school year begins.

The school store will be open for parents and students to purchase back-to-school supplies, and parents will be able to deposit funds into their child's lunch account.

For more information, call the school, 410-273-5536.

### APG students invited to Jump Start Tour

New 6th grade students that have moved into the area this summer can take a Jump Start Tour of the Aberdeen Middle School and meet other students, 9:30 to 11:30 a.m., Aug. 21.

If interested, call AMS officials, 410-273-5510; the APG School Liaison Officer, 410-278-2857; or the Community Police Officer, 410-278-2857, who will assist with the program.

For more information on any APG school related information, contact Eileen Campbell, 410-278-2857 or e-mail [eileen.campbell@apg.army.mil](mailto:eileen.campbell@apg.army.mil).

Army Entertainment and Aberdeen Proving Ground MWR present

**ARMY CONCERT TOUR**

**MONTGOMERY GENTRY**

with Special Guests  
**Joe Nichols**  
and Shaunna Bolton

**Saturday, September 29**  
**Aberdeen Proving Ground, MD**  
Gates open 6 p.m. Show starts 7 p.m.

**ON SALE SOON**

**TICKET OUTLETS:**  
**ticketmaster**  
1-800-551-SEAT  
APGMWR Ticket Outlets  
Telephone Sales: 410-278-4907/4621/4011  
TTY 410-278-4110  
e-mail: MWR-LeisureTravel@apg.army.mil

**\$25 Advance**  
**\$30 Day of Show**

No refunds, concert is rain or shine, lawn seating

For details go to **www.apgmwr.com**

No endorsement by the U.S. Army is implied.

MWR  
Local Sponsors: THE MEGIS, WPGC 833, BUD LIGHT, CHASE

## APG Bowling Center Snack Bar specials

Building 2342

### Week of Aug. 13

Special #1: Double cheeseburger with bacon, mayonnaise, lettuce, tomato, pickles, onions, French fries, one cookie and soda for \$6.95.

Special #2 Chicken tender wrap with lettuce, tomato, cheddar cheese, ranch dressing, potato chips, one cookie and soda for \$4.75.

### Week of Aug. 20

Special #1: Hot dogs, French fries, one cookie and soda for \$4.34.

Special #2: Chicken filet club with bacon, cheese, mayonnaise, lettuce, tomato, pickles, onions, French fries, one cookie and soda for \$5.85.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.







## Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

|  |  |
|--|--|
| <b>Monday</b><br>ATS Reloaded, 8 a.m.<br>Fit for Duty, 10 a.m.<br>Around the Services, 12:30 p.m.<br>State Department Briefing, 2:30 p.m.<br>Around the Services, 5:30 p.m.<br>Freedom Journal Iraq, 7:45 p.m. | Around the Services, 12:30 p.m.<br>Focus on the Force, 1 p.m.<br>Army Newswatch, 3 p.m.<br>Around the Services, 5:30 p.m.<br>Freedom Journal Iraq, 7:45 p.m.   |
| <b>Tuesday</b><br>RECON, 9 a.m.<br>Fit for Duty, 10 a.m.<br>Around the Services, 12:30 p.m.<br>Army Newswatch, 3 p.m.<br>Around the Services, 5:30 p.m.<br>Freedom Journal Iraq, 7:45 p.m.                     | <b>Friday</b><br>Focus on the Force, 9 a.m.<br>Fit for Duty, 10 a.m.<br>Around the Services, 12:30 p.m.<br>Army Newswatch, 3 p.m.<br>Around the Services, 5:30 p.m.<br>Freedom Journal Iraq, 7:45 p.m. |
| <b>Wednesday</b><br>Army Newswatch, 9:30 a.m.<br>Fit for Duty, 10 a.m.<br>Around the Services, 12:30 p.m.<br>American Veteran, 1 p.m.<br>Around the Services, 5:30 p.m.<br>Freedom Journal Iraq, 7:45 p.m.     | <b>Saturday</b><br>Tales of Glory, 9 a.m.<br>Fit for Duty, 10 a.m.<br>Around the Services, 12 p.m.<br>Battleground, 3:30 p.m.<br>ATS Reloaded, 5:30 p.m.<br>RECON, 8 p.m.                              |
| <b>Thursday</b><br>Army Newswatch, 9 a.m.<br>Fit for Duty, 10 a.m.   | <b>Sunday</b><br>Around the Services, 8 a.m.<br>Fit for Duty, 10 a.m.<br>Army Newswatch, 12 p.m.<br>Today's Military, 1 p.m.<br>The Face Behind the File, 6 p.m.                                       |

|   |   |
|---|---|
| <b>Army Newswatch</b> - Bi-weekly report on the men and women of the Army.  | military missions, operations and U.S. military forces in Iraq.   |
| <b>ATS Reloaded</b> - Revisits the best of the week and keeps viewers up to date on important information. Includes stories that have touched service members stationed around the world. | <b>RECON</b> - Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women. |
| <b>Battleground</b> - Features historic films from World War II, the Korean War and the Vietnam War.  | <b>The Face Behind the File</b> - A series of special programs profiling veterans and their stories.  |
| <b>Fit for Duty</b> - Takes viewers through a high-energy 30-minute workout led by service members.   | <b>Today's Military</b> - Profiles the careers of men and women in the Army, Marine Corps, Navy, Air Force and Coast Guard, including their respective Reserve and National Guard formations.                     |
| <b>Focus on the Force</b> - A production dedicated to telling personal stories of military men and woman supporting the missions of each Unified Combatant Command.                       | <b>Tales of Glory</b> - A report from Multi-National Division-North and Task Force Lightning in northern Iraq.  |
| <b>Freedom Journal Iraq</b> - Focuses on  |   |

## ACS

From front page

Elvia Pomerat, a Family Child Care provider, also attended with her children and day care children.

“The kids are really excited to be here,” Pomerat said. “It gives them a chance to interact with other children. It has been good to see familiar faces.”

Sgt. 1st Class Kenneth Britt, a senior chemical, radiological, nuclear and explosives analyst for the 203rd Military Intelligence Battalion, also had positive things to say about the ACS celebration.

“It’s a step in the right direction,” Britt said. “Usually other people give a party for someone having a birthday but ACS holds their birthday party for others and gives back to Soldiers and their Families.”

Hayes said more than 350 people attended the event to support ACS and many of them were new to the proving ground.

“It felt great to see people who support and believe in what you are doing with your organization and know that the services you provide helps Families,” she said.

The ACS staff said they would like to thank all of the community members who came out to support the ACS birthday, and the Marine Corp Detachment Soldiers who helped with grilling and serving food and other tasks.



Photo by HEATHER TASSMER  
Choo Choo Charlie the Clown from Nothin’ Up My Sleeve paints flowers on Hailey Rickleff’s cheek during the ACS Birthday celebration July 26.

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@ usag.apg.army.mil.

### Employees eligible for donations in the Voluntary Leave Transfer Program

|                     |                      |                    |
|---------------------|----------------------|--------------------|
| James Addas         | Shelia Davison       | Phillip Mellowship |
| Karen Blades        | (benign paroxysmal   | Sandra Miller      |
| Sarah Boats         | positional vertigo)  | Karen Moss         |
| William Bond        | Marc Devecchio       | Gloria Morales     |
| Sandra Boyd         | Wayne L. Doyel       | Trudie Norman      |
| Debra Bonsall       | Dawn Folck           | Cindy Orwig        |
| (daughter has brain | Cathleen Holmes      | Lester Pilcher     |
| tumor)              | David Harding        | Judith Rembold     |
| Jeanie Bowman       | Ira Hines            | Barbara Seker      |
| Teresa Bridges      | Carolyn Johnson      | Donna Sexton       |
| Linda Brown         | Reginald Johnson     | Joyce Spies        |
| Brett Christy       | Beverly King (caring | Alison Tichenor    |
| George Colletta     | for husband)         | Elizabeth Usmari   |
| James Craven        | Cathryn Kropp        | Louis Winters      |
| Dawn Crouse         | Joyce Mauldin        | Sharon Woods       |
| Ruth Cunningham     | Louis McCarter (kid- | Charles Young      |
| John Daigle         | ney failure)         |                    |





# Commentary: Survey reveals where to focus our health promotion efforts?

By  
**BRIG GEN MICHAEL B. CATES**  
*Commander, U.S. Army Center for Health Promotion & Preventive Medicine Functional Proponent, U.S. Army Preventive Medicine*

The March issue of “The Mercury” carried an article regarding the Department of Defense’s overall excellent performance on the recently released report on the results of the DOD “Survey of Health Related Behaviors Among Active Duty Military Personnel.” This informative report uses a statistically representative group from all services to provide a snapshot of our health behaviors and habits. It relates the military measures to civilian measures in the U.S. Department of Health and Human Services Healthy People 2010 initiative. This gives the military a civilian benchmark to compare to and, as reported earlier, the military did well in many health promotion areas.

In our quest to remain the finest Army ever fielded, we should also use the report to look for areas to improve. Each of us would like to maintain good health so that we can enjoy our Families, our work and our time off, but our individual health is also an essential element of military readiness. Prevention is, and always will be, the best way to health.

Here are some findings we should investigate within our own service, the Army, with an eye to improving health and readiness.

**Tobacco use**

Tobacco use is one area in which the Army must do better. Respondents were asked about tobacco use in the month before the survey was taken. The prevalence of any smoking in the past month was a very high 38 percent among those Army personnel who answered the survey. This represented a significant increase from 1998 when it was only 31 percent. Among Soldiers in the pay grades E1-E3, any cigarette smoking in the past 30 days was an astonishing 53 percent, the highest among all services. The Healthy People 2010 objective is to reduce the prevalence of smoking to no more than 12 percent in the population over 18 years old. The current civilian rate is 24 percent.

Although the prevalence of smokeless tobacco use (any use in the past month) was highest among Marines at 22 percent, the Army had a statistically significant increase in smokeless tobacco use from 14 percent to 19 percent, when compared to the findings in the 2002 survey. The prevalence of smokeless tobacco use among Army males 18 to 24 years old

was 26 percent.

These results indicate that, although progress has been made in reducing some areas of tobacco use, we cannot relax our efforts in discouraging this dangerous addiction. You can find more information on tobacco use as a health issue on the U.S. Army Center for Health Promotion and Preventive Medicine Web site, <http://chppm-www.apgea.army.mil/>, under the Directorate of Health Promotion and Wellness.

**Alcohol use**

Heavy drinking and binge drinking are also areas of concern. In the Army, the percentage of Soldiers who said they engaged in heavy drinking (defined as five or more drinks once a week in the past 30 days) increased from 19 percent in 2002 to 25 percent. Among Soldiers in the 18 to 25 age bracket, 36 percent were characterized as heavy drinkers. Binge drinking (defined as five or more drinks at least once in the past 30 days) was 45 percent among all four services and 53 percent among Soldiers and Marines. Again, these increases indicate areas of concern that medical professionals and the medical leadership should target. More information on alcohol abuse, and Army programs to combat it, can be found

at the Army’s Substance Abuse Program Web site at [https://ssob.acsap.hqda.pentagon.mil/sso/pages/public/slide\\_presentations.jsp](https://ssob.acsap.hqda.pentagon.mil/sso/pages/public/slide_presentations.jsp).

**Weight**

When we look at body weight, the Army does well in some of the survey’s comparisons, but our overweight rates are as high as are those of most affluent societies. The Body Mass Index standards define those with a BMI of 25 or more as overweight and those with a BMI 30 percent or more as obese. Using the BMI is not completely error free because individuals with high proportions of lean muscle mass may be considered as overweight or obese. However, since BMI is easy to calculate, it is used by most health surveillance groups to measure weight status.

When using BMI, the Army considers 49 percent of its service members as overweight and 10 percent as obese. Even allowing for possible BMI errors in measuring overweight/obesity, having 59 percent of the Army overweight or obese, indicates there could be significant decreases in health outcomes and/or performance among the affected Soldiers. CHPPM maintains a Web site on nutritional information and weight loss on the Army’s AKO Web site. From AKO’s

home page, click on “Ultimate Warrior” and go to the program called “Weigh to Stay.” Online counseling and classes are available. Ultimate Warrior also includes a “Hooah Bodies” program that helps in building healthy and fit bodies.

This short article cannot adequately discuss all the implications of the Survey for Health Related Behaviors. However, we can use the complete report to help us target potential problems and guide our prevention and health promotion efforts. If you would like to see the entire report it can be found at the following link: [http://www.ha.osd.mil/special\\_reports/2005\\_Health\\_Behaviors\\_Survey\\_1-07.pdf](http://www.ha.osd.mil/special_reports/2005_Health_Behaviors_Survey_1-07.pdf).

The DOD’s “Survey of Health Related Behaviors Among Active Duty Military Personnel” is in many respects a good news story for the Army and DOD. It is also a guide to those areas where we as health professionals should apply our preventive and health promotion resources to make Soldiers mission-ready and all our beneficiaries healthier. By doing this effectively, we also decrease the need for medical treatment and expenses associated with the diseases caused by tobacco use, alcohol use and chronic overweight.

## Army’s medical hotline continues to help Soldiers and Families

Story by  
**GERRY J. GILMORE**  
*American Forces Press Service*

The Army’s four-month-old “Wounded Soldier and Family Hotline” continues to find answers to Soldiers’ and Families’ medical questions, a senior U.S. military officer said Aug. 1, in Washington, D.C.

The hotline provides a more direct way for wounded Soldiers and their Families to obtain information for medical issues that couldn’t be resolved through local channels, Army Col. Edward Mason, the hotline’s director, told online journalists and “bloggers.”

“The intent of the Wounded Soldier and Family Hotline is to ensure that soldiers and their Families have access to every resource the Army has to offer,” Mason said.

Senior Army leaders established the hotline March 19 in the wake of a series of news reports in February that spotlighted shortcomings in patient care at Walter Reed Army Medical Center here.



Top Army leaders receive regular reports and briefings on hotline operations, the colonel pointed out.

The hotline wasn’t created to bypass the chain of command, Mason emphasized, noting that it was established to address and resolve Soldier and Family medical issues as expeditiously as possible.

The hotline is managed and operated by U.S. Army Human Resources Command, in Alexandria, Va. Since inception, the hotline has fielded more than 5,000 calls, involving more than 1,300 issues, Mason said.

Callers’ issues are staffed to sub-

ject-matter experts for resolution, Mason explained. The hotline staff later contacts callers to ensure they’ve been helped. “Most of the time callers are very happy someone listened to them and that we were able to provide the information that they needed,” he said.

Military veterans have raised about 28 percent of hotline issues, Mason said. Veterans have been gratified to receive replies from U.S. Department of Veterans Affairs officials, he said.

The hotline operates 24 hours a day, seven days a week, Mason said. It is staffed by 50 Soldiers and 50 contractors. The contractors are former Soldiers or military Family members.

“They believe in the mission and have a passion for helping Soldiers and Families,” Mason said of the hotline’s staff.

The Army’s Wounded Soldier and Family Hotline can be accessed at 1-800-984-8523. Overseas customers can call the hotline via the Defense Switched Network, or DSN, at 312-328-0002.

## TRICARE Prime travel reimbursement assists beneficiaries traveling for specialty care

TRICARE

TRICARE Prime beneficiaries referred by their primary care manager for specialty services at a location more than 100 miles from their provider’s location may be eligible to have their reasonable travel expenses reimbursed by TRICARE.

Beneficiaries must have a valid referral and travel orders prior to traveling and file a travel claim upon their return. This can be requested at the military treatment facility or from the TRICARE Regional Offices if the doctor is a TRICARE net-

work provider. Beneficiaries will receive a briefing on the entitlement process, coverage, and their responsibilities at the MTF or from the TRO point of contact.

“Prime enrollees should not have to pay out of pocket for travel expenses to receive approved care at a distant location,” said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. “Programs are available to cover these costs, and representatives are standing by to help.”

Reasonable travel expenses

are the actual costs incurred by the beneficiary when traveling to their specialty provider and include meals, gas, tolls, parking and tickets for public transportation (i.e., airplane, train, bus, etc.). Beneficiaries must submit receipts for expenses above \$75. The MTF or TRO will provide the beneficiary with specific instructions on how and where to submit his or her travel entitlement claim.

Government rates are used to estimate the reasonable cost. Beneficiaries are expected to

use the least costly mode of transportation.

Costs of lodging and meals may be reimbursed up to the government per diem rate.

This benefit does not apply to travel expense for specialty care experienced by active duty uniformed service members, or active duty Family members residing with their sponsors overseas, which are reimbursed by other travel entitlements.

For more information on the TRICARE Prime Travel Reimbursement, visit [www.tricare.mil/factsheets](http://www.tricare.mil/factsheets).

## Chronic fatigue often eludes diagnosis

Story by  
**KELLY L. FORYS**  
*U.S. Army Center for Health Promotion and Preventive Medicine*

For Soldiers or their Family members who suffer from chronic fatigue syndrome, being tired is a way of life.

CFS is not due to laziness, and it is more than just fatigue — individuals with this disorder have endured six or more months of problems including difficulty with memory and concentration, a sore throat, muscle pain, joint pain and headaches. Suffering from CFS is similar to having a bad case of the flu that will not go away.

Anyone suffering from these symptoms is not alone. More than a million Americans are also suffering. CFS affects both men and women, although women are four times more likely to be diagnosed with CFS than men are.

CFS most commonly affects people in their 40s and 50s; however, teenagers are also vulnerable.

The symptoms listed above can be attributed to many normal daily activities such as job duties, stress related to work, caring for Family members and not getting enough rest.

Because it is easy to explain away the symptoms, most who experience this intense fatigue outside of heavy training or deployment do not seek treatment. Less than 20 percent of those who have the cluster of symptoms required to diagnose CFS have actually received a diagnosis from their doctor.

A specific test to diagnose CFS does not exist. Rather, CFS is often diagnosed after conditions with similar symptoms such as thyroid disorders, cancer, depression and mononucleosis have been ruled out.

Perhaps even more devastating than the actual symptoms of CFS are the effects that the symptoms have on a person’s daily life. Those who feel tired and achy all of the time are less likely to socialize with friends and Family, less likely to be productive at work and less likely to be happy with life.

In garrison, Soldiers with CFS might find that their fatigue makes it difficult to maintain the rigorous pace of training. During deployment, the physical symptoms and fatigue that Soldiers with CFS experience might prevent them from keeping up with the physical demands on the body that result from an increase in operational tempo. This situation can be very frustrating to both Soldiers and their commanders.

Although scientists suggest that a combination of genetic and environmental factors contribute to its development, the cause of CFS is not known. As a result, CFS cannot be readily prevented; however, maintaining a healthy lifestyle (including a diet rich in fruits, vegetables and lean protein; participating in daily exercise; and building supportive relationships) is always a good suggestion for achieving optimal health.

There is no known cure for CFS; however, medications and lifestyle changes can reduce pain and fatigue. Lifestyle changes that are recommended to improve symptoms of CFS include stress reduction activities, gentle stretching, healthy foods, adequate sleep and moderate amounts of exercise (walking, biking, jogging, etc., for 30 minutes per day).



Graphic by CHPPM VISUAL INFORMATION

## DoD, VA pass another information sharing milestone

U.S. DoD Military Health System

The Department of Defense and the Department of Veterans Affairs, two recognized leaders in the national effort to share electronic health information, have reached another milestone. DoD announced Aug. 3, that the departments have successfully tested and deployed an interface that was developed to extend the reach and capabilities of the Bidirectional Health Information Exchange which is the mechanism that allows the two departments to share electronic health information on patients treated by both departments.

Following the completion of the system acceptance test at Madigan Army Medical Center, the military services received the first release of the interface and use began on July 30. It allows providers at all military treatment facilities to access BHIE directly from AHLTA (the military’s electronic health record), eliminating the requirement for login to a separate system to view data from the VA. This new inter-

face also allows VA providers to access information from all DoD healthcare facilities. Currently, medication and allergy profiles, laboratory results including surgical pathology reports, and radiology reports are shared and viewed. The types of data that will be shared through BHIE and this interface will be expanded in future releases to include patient problem lists, encounter notes, procedures, vital signs, Family history, images, questionnaires and other documents.

Extending the reach of BHIE represents a major step toward making healthcare data on shared beneficiaries immediately and easily accessible to both DoD and VA healthcare providers. Dr. S. Ward Casscells, assistant secretary of defense for Health Affairs, called this accomplishment, “a superb example of the commitment our Departments have made to work hand in hand to provide quality and continuity of care for our beneficiaries.”

DoD and VA have made tremendous

progress in their ability to share electronic health information.

This initiative does not replace the longer-term continuing development of the CHDR interface which allows the exchange of computable data between the DoD’s Clinical Data Repository and the VA’s Health Data repository. Rather, it provides the means to accelerate and enlarge the scope and scale of data sharing capabilities between agencies in the near term.

As the standards for information sharing continue to develop and mature, the ability to exchange computable clinical information will attain corresponding levels of sophistication.

Expanded use of BHIE coupled with the progress made in real-time bidirectional exchanges of computable clinical information between DoD’s CDR and the VA’s HDR brings the DoD and VA closer to the ultimate goal of complete electronic interoperability.



# APG youths excel during golf tournament



Before the start of the Youth Golf Tournament at Ruggles Golf Course Aug. 7, Andrew Crouse, 9, practices his swing and Tristan Eberle, 9, looks on while Tatyana Moon, 7, concentrates on her stance on the driving range.

Story and photos by  
**YVONNE JOHNSON**  
APG News

They may not have played like Tiger Woods or Annika Sorenstam but Aberdeen Proving Ground youths still displayed an impressive array of talents during the Youth Golf Tournament held at Ruggles Golf Course Aug. 7.

Led by Morale, Welfare and Recreations' Bill Kegley, APG youth sports director, youths ages 7 to 16 braved 90 degree temperatures for the chance to take home a trophy.

Parent volunteers served as scorekeepers and kept the water bottles coming and most displayed pride at their children's tenacity.

"He's been playing in the backyard with his dad since he was a toddler," said Tai Jang, mother of 7 year-old Timothy Jang as he practiced on the driving range.

Michael Moon, a civilian employee with the 20th Support Command, said his daughter Tatyana, 9, was a sports enthusiast.

"This is her first year," Moon said. "She was doing gymnastics and cheerleading and I just wanted to get her into other sports."

"She loves sports," added Army retiree Stuart Thacker of his daughter Jazmine, 10. "She also plays soccer, softball and tennis."

Michael Smith, 14, a freshman at Harford Tech, won his division for the looking for fourth consecutive year. The grandson of APG civilian retiree Harold Smith said his father "got me into golf."

"I practice twice a week and we play every weekend," he said.

His twin sister Michelle, who came in second in her division, said she plays "because my brother plays."

"It's fun because I like to compete with him," she said, adding that she "came in first twice before."

Fifteen-year-old Chase Eberle said he and his brother Tristan, 9, picked the game up from their mother.

"This is good for the kids," said Eberle's father as he watched him practice on the driving range. "It builds character and sportsmanship."

Ty Heasley, 12, who came in second in the boys 12 to 13 division, said that putting was his strongest suit.

"I play football and baseball too but I like

playing golf with my dad," Heasley said.

Most youths agreed the tournament was fun.

"I had a lot of fun today," said Nikki Leonard, 13, adding that her late grandfather retired chief warrant officer 5 Frank Leonard got her into the game.

"I always enjoy playing and I plan to continue," Leonard said.

"Next year I'll try harder," added Elizabeth Thompson, 10.

"What I like about playing here is that you can always come out and have fun."

Before handing out the awards, Kegley thanked all volunteers, parents and scorekeepers for their support.

"We appreciate your being involved with your kids because that's what it's all about," Kegley said.

"Competition is an important experience," added Ruggles manager Dave Correll.

"We hope to see everyone back here again and we really hope you folks stick with the game of golf. You are the future of the sport."

## Results



- Girl, 7-9**  
1st place, Jazmin Thacker, 35  
2nd place, Amber Allen, 37  
3rd place, Juliana Richard, 38
- Girls 10-11**  
1st place, Katie Jang, 44  
2nd place, Indiana Jones, 49  
3rd place, Lindsey Sheridan, 54
- Girls, 12-14**  
1st place, Nicole Leonard, 55  
2nd place, Michelle Smith, 57  
3rd place, Katie Song, 69
- Boys 7-9**  
1st place, Hunter Keithley, 26  
2nd place, Ronnie Gentry, 29  
3rd place, Jimmy Jang, 29
- Boys 10-11**  
1st place, Kevin Kappauf, 41  
2nd place, John Meissner, 41  
3rd place, Chris Fifty, 43
- Boys 12-13**  
1st place, Matthew Sheridan, 47  
2nd place, Ty Heasley, 57  
3rd place, Hunter Murray, 58
- Boys 14-16**  
1st place, Michael Smith, 54  
2nd place, Steven Sheridan, 56  
3rd place, Sean Deschipper, 74



Michael Moon gives his daughter Tatyana, 7, some putting pointers.



Lt. Col. Bruce McPeak, 20th Support Command, left, keeps score as Dreyk Inman, 7, left, looks to sink his putt. His teammate, Lucas White, 8, waits for his turn.



Ten-year-olds Elizabeth Thompson, left, and Jazmine Thacker line up their putt shots on the 9th hole.



Michael Smith, 14, and Chase Eberle, 15, can't get enough of the game. The two went back to the driving range after the tournament while everyone else was inside cooling off.



# Good fats versus bad fats, what to eat?

Story by  
**MAJ KAREN FAUBER**  
DeCA

Several years ago it seemed like every other day a new fat free product was hitting the commissary shelves. When shopping in the commissary informed shoppers would look for these products because of the recommendations at that time to limit all types of fat for heart disease prevention and eat fewer calories for weight loss.

Nutrition science now promotes eating a reasonable amount of good fats and limiting bad fats for good heart health.

**What are good fats and bad fats?**

Good fats are unsaturated fats and bad fats are saturated fats. To learn the difference in the types of fats and determine if it's a good fat or a bad fat look at where it came from.

For example olive oil is a "good" fat. The same applies to peanut oil and canola oil as well as other oils that come from plants. Additional sources of "plant fats" could be nuts and avocados.

The bad fats are usually from an animal source. There are exceptions. Fats such as coconut oil, palm oil and other tropical oils are saturated fats so they are considered bad fats.

Today consumers still use fat free and reduced fat products but the empha-

sis is on learning to choose good fats in place of bad fats. This is based on the evidence that the good fats, if used in place bad fats, can lower your risk of heart disease by reducing the total and low-density lipoprotein (LDL) cholesterol levels in the blood.

**How much saturated fat is okay to eat?**

The American Heart Association recommends limiting the amount of saturated fats eaten to less than 7 percent of total daily calories. That means, for most people the amount is limited to between 14 and 18 grams per day. The American Heart Association has a "fat translator" on their Web site, which takes the guess work out of the percentage calculation.

**What consumers need to know to choose**

Choose lean meats and poultry without skin and prepare them with good fats rather than bad fats.

Remove skin from poultry before eating.

Choose white meat most often when eating poultry.

Sauté with olive, peanut or canola oil instead of butter.

Use nuts or sunflower seeds on salads instead of bacon bits.

Snack on a small handful of nuts rather than potato chips or processed crackers.

Add slices of avocado, rather than cheese, or full fat mayo to a sandwich.

Try to incorporate more plant based foods into the diet. Try a meat-less meal once in awhile.

**Suggestions for healthy, satisfying snacks that would appeal to both adults, children**

The most satisfying snacks are those that combine high fiber carbohydrates with a little protein. Carbohydrates are a primary energy source and the fiber along with protein helps slow digestion and stabilize blood sugar to keep a person feeling satisfied longer.

**Quick, easy ideas**

- Peanut butter on apple slices, celery sticks or banana
- Cottage cheese with fresh berries or other fruit
- Whole wheat or corn tortilla heated in microwave with light sprinkling of part skim mozzarella cheese and topped with salsa
- A handful of raisins and almonds
- Whole wheat pita and hummus
- Canned tuna or salmon with whole grain crackers
- Whole grain cereal with low-fat milk or soy milk

**Sodas vs. juice**

It is a good idea to offer juice over soda. Sodas contain empty calories



with no nutritional value. Make sure to read labels and choose 100-percent juice with vitamin C and other nutrients.

Don't forget to give children water to help quench their inevitable thirst from playing, running around and other physical activity.

**Water metabolizes fat**

A study published by the Journal of Clinical Endocrinology and Metabolism in December 2003 revealed that drinking cold water can briefly increase metabolism caused by the thermal effect of warming the water in the stomach. So in this sense, water can play

a role in helping to burn fat or stored carbohydrates. Two quarts of water burned about 100 extra calories a day in the study. Too much water, however, can be fatal since it can cause tissue swelling and alter electrolyte balance, particularly sodium which can lead to cardiac arrest. This 'water intoxication' can result from drinking large amounts of water in short periods of time.

Except in some circumstances (i.e. warm or dry weather, strenuous exercise, certain medications), two quarts is plenty for most people since additional water is also supplied by the foods we eat.

## Commentary: Understanding the nutrition information on food labels

Story by  
**MAJ KAREN FAUBER**  
DeCA

Pick up almost any food in the commissary and you are likely to see one or more symbols on the label promoting health benefits related to the food. Each symbol indicates that the food is a healthful choice, yet each symbol has different nutrient requirements.

Food manufacturers and health organizations have created labels to promote prevention and disease management to guide shoppers in making choices.

When trying to lose weight, lower cholesterol, manage diabetes, manage blood pressure, or just make healthy choices, shopping can be a real challenge.

Nutrition information overload on food packages can make it tough for shoppers to decide what to buy and eat, with up to 70 percent of them making quick choices as they cruise the aisles.



To help relieve the confusion, some researchers are calling for a single, FDA-sanctioned certification program. This proposal may include a simple standard, such as red, yellow and green lights to indicate where a food fits in a healthful diet. Keep an eye out for more information on this concept in the future.

### FDA-approved nutrition information

**Free** – these foods have no or only a very small amount of fat, saturated fat, cholesterol, sodium, sugars, and calories.

**Low fat** – 3 grams or less per serving

**Low sodium** – 140 milligrams or less per serving

**Low cholesterol** – 20 milligrams or less cholesterol per serving

**Low calorie** – 40 calories or less per serving

**Lean meat** – less than 10 grams fat per serving

**Extra lean meat** – less than 5 grams of fat per serving

**High** – one serving of the food contains 20 percent or more of the daily value for a nutrient

**Good source** – one serving of the food contains 10 to 19 percent of the daily value for

a nutrient

**Reduced** – nutritionally altered food contains 25 percent less of a nutrient or calories than the regular product

**Less** – food contains 25 percent less of a nutrient or calories than the regular food

**Light** – nutritionally altered food contains one-third fewer calories or half the fat

**Light** – the sodium content of a low calorie, low fat food has been reduced by 50 percent.

**Healthy** – a healthy food must be low in fat and saturated fat and contain limited amounts of cholesterol and sodium. For meals, the sodium content can't be more than 360 milligrams per serving for individual foods and 480 milligrams per serving for meals.

For more information on food labels or any nutrition topic, visit "Ask the Dietitian" at the DeCA Web site <http://www.commissaries.com>.